

# Beat the Heat...cool ways to thrive after 45

Talking Book Awareness Day ➤ The week of August 17



## Program in a Box #1

### Props:

1. Sunglasses (enough for everyone attending)
2. Simple obstacle course (3 yard sticks painted white on one tip; three sets of 8 x 11 cards—one card with a #1, one card with #2, one card with #3)
3. Three road maps

### Agenda

- As people arrive, issue “[show](#)” tickets for those over 45 to be served a treat and get their prize.

### 5 minutes: Introductions

- Three contestants (elected officials, Friends, board members, teenagers, staff, retirement or senior center administrator, other community members—have them don their sunglasses)
- The Master of Ceremonies (you or someone you can talk into it—the MC gets to have the cool hat with our compliments!)

### 10 minutes: Action sequence (good for media photos)

1. Have your contestants try to read a map. Ask them how easy it was by showing their card (1 for the easiest, 2 for the next easiest, 3 for the hardest)
2. Have your contestants run through the obstacle course. Ask them how easy it was.
3. Have your contestants play a tape on the TBS machine. Ask them how easy it was. (end with a round of applause)
4. The Master of Ceremonies concludes the show

### 20 minutes: Presentation

- Introduce your presenter and topic

### 10 to 20 minutes: Refreshments served (ice cream to go with the sunglasses)

- Everyone invited to try out the challenges, see the display
- Everyone gets sunglasses!
- Everyone enjoys the treats!

## Vision Loss Sound Bites

- > Most people don't realize they are legally blind until they try to get their driver's license renewed
- > Cataract development starts showing up at age 55
- > 1 in 28 people in the U.S. have a visual impairment.
- > Your librarian can sign the application for folks who want to join the Talking Book Service. It's free for those with vision loss.

## Link to Resources

[Poster Insert Template](#)

Poster [PDF](#)

[Community Partners](#)

[Presentation & Topic Ideas](#)

Graphics: [Maud](#); [TBS Logo](#)

[Show Ticket Template](#)

Application ([PDF](#) or [Survey Monkey](#))

[Press Release](#)

[Obstacle Course Suggestions](#)